



Baths and Bathing

Presented to the
**Statistical Division, Surgeon-General's
Library, United States Army**
Washington, D. C.

BY
The Prudential Insurance Co. of America
Newark, New Jersey

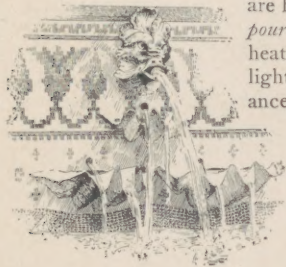
BATHING *for* HEALTH *and* PLEASURE

A LITTLE TALK ABOUT BATHS IN
GENERAL, AND THOSE AT
HOTEL CHAMBERLIN
IN PARTICULAR



ACTUATED by a desire to complete the attractiveness and desirability of Hotel Chamberlin as an all-year resort for seekers after health and pleasure, the management has installed a modern, scientific, well appointed Bath Establishment and Swimming Pool. This had seemed the one feature lacking to make The Chamberlin meet every want of the modern tourist.

The **HYDROTHERAPEUTIC DEPARTMENT** is essentially for those who wish to have water applied for medicinal purposes, and these baths can be had only under the advice and direction of our **RESIDENT PHYSICIAN**; but **THE SWIMMING POOL** is for those who bathe for pleasure as well as for those who seek the well-known medicinal properties of sea water bathing. This magnificent Swimming Pool is furnished in ceramic mosaic tile and the water surface, 40 x 70 feet, is radiant with sunlight from the enormous skylight above, which covers almost the entire pool. All the delight and benefit of an ocean swim are here provided in-doors; for the pool is filled with *filtered sea water, constantly pouring in* from the bay in front of the Hotel; of course, in cold weather this is heated to a proper temperature. Here there is the most grateful sense of space; light, fresh air and freedom; usually so lacking in an in-door pool. Every appliance for aquatic sport is furnished; while the Aerial Water Slide pitched 50 feet in the air, provides a stunt sufficiently exciting and exhilarating, for the expert and the daring. A swimming master is in charge; and lessons in this most necessary accomplishment will be given, a moderate charge being made. Daily exhibitions of fancy diving, expert swimming and the various methods of life-saving are given.





THE POMPEIAN SEA POOL

Radiant with sunlight, with filtered sea water warmed to an agreeable temperature constantly pouring in, the Sea Pool reminds one of Alma Tadema's exquisite interiors.

No other place in America can claim anything approaching the Pompeian Baths and Swimming Pool of the Hotel Chamberlin. Indeed, one must go back to those old days when bathing was, if not a religion, at least a cult, for any comparison—as the Baths of Diocletian furnished the pattern of these.

The Atrium, measuring the length of one side, 70 feet, is just high enough above the water to give the on-lookers the sense of participating. This gallery is a broad, spacious room, so dainty in color effects and of appointments so perfect to their period, as to suggest that one has drifted back to Pompeian days. Cool and inviting in its prevailing tones of vert antique and white, the light filters down through windows of richly stained glass to fall in warmth and beauty on the mosaic floor, where palms lend their graceful lines and there is the music of falling waters. There is every warrant for the belief that one of Alma Tadema's exquisite pictures has materialized in the Atrium and the great Sea Pool of The Chamberlin.

HIGHT, immaculately clean, wholesome and inviting, are the medicinal baths, located above the Atrium and the Swimming Pool. They have been placed—not below, in some dark and out-of-the-way quarter, but above, where sunshine and fresh air—the salt air from the sea, with all its tonic powers—have free access. The entrance is through an inviting reception room, dainty and attractive in furnishings and color; and this is but the foreword of what follows in the equipment of the rooms and the perfect sanitary construction. Whether the desire is for a Tub, an Electric Light or Nauheim Bath, Salt Massage, or any form of treatment, the type is of the most modern; the method is the latest and most approved scientifically. *Bathing under proper prescription has the highest endorsement of the medical fraternity and as a remedial agency is fast supplanting medicine.*



ENTRANCE TO THE MEDICINAL BATHS



RECEPTION
ROOM

HYDROTHERAPY, as its derivation from the Greek "Hudor" water, and "Therapeuein" to heal, indicates, may be defined as the method of applying water in disease.

Hydrotherapy includes the application of water in *any form*, from the solid and fluid to vapor; from ice to steam, internally and externally.

The water acts as a medium for the conveyance of temperature, and the greater the variation of temperature between the water used and the body, the greater the thermic irritation. Mechanical irritation is frequently combined with thermic irritation in hydrotherapeutic procedures. The mechanical irritation is best exerted by the so-called "douche treatment." The essential feature of the douche treatment is the impact of a stream of water upon the surface of the body. By varying the pressure and temperature, the mechanical and thermal irritation may be decreased or increased as desired. In all treatments with hot or cold applications it is essential that a reaction should occur at the close of the treatment. In order to insure a good reaction, cold applications are almost always preceded by some heating procedure. In this establishment hot air baths, vapor baths, or electric light baths are generally employed for this purpose. Exercise or massage is also of service in promoting a good reaction after a cold application.

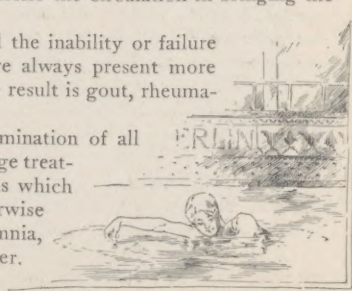
HEAT irritation, on the other hand, leads to respiration of increased frequency and generally of more superficial character.

A single energetic hot air bath may lead to a loss of sweat amounting to more than a liter. In some cases it has amounted to 1500 grams. That this great secretion of sweat influences profoundly the whole circulation of blood and lymph is easily understood. It is of undoubted value in the elimination of morbid products.

THE diseases that are susceptible of being favorably influenced by the proper use of water cover a very large range. The two great ills to which the American public seems to be heir are nervousness (neurasthenia or amerasthenia) and dyspepsia—indigestion. These are particularly susceptible of being favorably influenced by hydrotherapy. Overtaxed, overstrained nerves, or what we call nervousness, is usually due to overwork, business responsibilities, the strain of long social season, and similar causes. The water, as applied upon the skin, in which are the terminals of the nerves, acts directly upon these nerve terminals and the general circulation, and its action is to restore these to their normal tone and condition. The changes of temperature in the water stimulate and assist the circulation in bringing the nerves back to their normal condition.

Dyspepsia and uric acid poison are the results of bad hygiene and the inability or failure of the system to eliminate an excess of hurtful constituents which are always present more or less. If these harmful products are not given off in some way, the result is gout, rheumatism, and similar troubles.

The action of the baths directly on the skin assists in the elimination of all harmful products. The exciting and stimulation of perspiration, massage treatments and similar applications result in throwing off the accumulations which would prove injurious, and remove from the system what would otherwise prove harmful and hurtful. Afflictions characterized by debility, insomnia, and similar troubles yield in a marked degree to the application of water.



THE CHAMBERLIN SYSTEM

THE principal feature involved in this treatment is the spout or douche, using sea water. This method has always been an important mode of applying water. It is a spout of water varying in size and temperature, applied to the body with more or less force, and exercising a certain amount of friction and massage. It stimulates the skin, quickens the circulation of the capillaries, and helps remove congestion of deep-seated organs.

Here the spout, or continuous baths, sea water at a proper temperature is used, and for persons who cannot stand the shock of the more violent treatments, the massage baths of sea water and the plain salt tub baths are particularly grateful. They are strongly recommended by distinguished authorities in chronic inflammations, rheumatism, gout, neuralgia, and also in diseases of the heart.

There is then a marked advantage in certain definite cases involving the effect upon the skin, nerve terminals and circulation, of certain mineral constituents in the sea water, such as is used in The Chamberlin System. The effects of sea water advance beyond the thermic and mechanical irritation of plain water in possessing all of its good qualities and in addition certain others due to the salts, etc., held in solution.

Sea water has a specific gravity of 1.027 and contains 3 1-2 per cent. of salts, mainly sodium chloride, magnesium chloride, potassium sulphate, magnesium sulphate, calcium sulphate, magnesium bromide and small amounts of iodine and bromine and carbon dioxide in solution.

This combination has a decided stimulating effect upon the skin and nerve terminals, and excites reaction, and this enables the patient to tolerate the baths at a temperature two or three degrees lower than



THE DOUCHE ROOM

when fresh water is used, thus increasing both the tonic and derivate effects of the baths.

An extensive experience has established this fact, that sea baths exert an especially favorable effect upon gout, rheumatism and kindred troubles and the residua of inflammatory processes.

With salt massage, baths are a tonic measure of high value, and are especially effective in feeble patients whose heat-making powers are small and where the skin is very inactive (as in chronic indigestion, Bright's disease, diabetes, and insomnia).

NAUHEIM BATHS

THESE Baths as given at Bad Nauheim, are prepared of a natural salt water, with a natural mixture of carbonic acid gas. In the preparation of artificial Nauheim Baths a pure natural salt water is most efficacious; hence, at The Chamberlin we use sea water, which not only possesses the necessary saline qualities, but many other constituents which are efficacious in this treatment. Sea water must be natural. It is impossible to imitate so complex a liquid. Indeed, it has been proven that sea salt dissolved in distilled water lacks some of the properties of natural salt water. Here at The Chamberlin we use sea water purified by filtration, and lacking only the necessary amount of carbonic acid gas (CO_2). This gas is thoroughly incorporated in the proper proportion by mechanical appliances of the most approved type and enables us to give a Nauheim Bath unequalled in the world. Indeed, as we are able to regulate the quantity of gas and the Thermic conditions, we improve on the natural method available at Nauheim.

These baths are especially recommended for diseases of the heart and blood vessels, and the relieving of arterial tension.



THE MASSAGE ROOM

THE AIX AND VICHY SYSTEMS

THESE two systems are somewhat similar in character and equally alike in intent and purpose. The Aix Cure consists principally of both local and general Douche-Massage. The treatment is completed in accordance with the individual requirements by the aid of sweating cabinets and local vapor baths.

This Douche-Massage is given by one or two masseurs; the pressure of the douche, as well as its Thermic quality, is regulated by the physician's prescription to meet the requirements of individual cases, as, also, is the length of time for taking the bath. By the Aix method single joints or circumscribed areas of the body can be played upon by the vertical jet and massage subsequently administered. In the Vichy arrangement the patient is stretched at full length upon a canvas bed, and the entire body is subjected to large and continuous douches of hot water, while at the same time the whole body is vigorously massaged. After the treatment by either the Aix or Vichy Bath, the patient is sprayed to the point of reaction, dried and wrapped up in a flannel blanket until free perspiration is produced.

The indications for the employment of these baths are, generally speaking, rheumatism in all its forms except the acute and inflammatory.

Chronic Articular Gout is perhaps the disease most quickly benefited by the Aix treatment. Mercurial accumulation is rapidly eliminated by either of these systems. These treatments should occupy from thirty to forty days, in selected and regulated administration.





THE AIX DOUCHE



THE VICHY DOUCHE



THE ELECTRIC LIGHT BATHS

ELECTRIC LIGHT BATHS

LINKED inseparably with nutrition and fresh air, sunlight is winning its foremost and broadest recognition in the curative treatment of many diseases. Light from the sun and its twin brother, electricity, by the aid of inventive ingenuity takes its place among the definite, dosable, physical energies which make up the great sum of Physiologic Therapeutics. A clothed convalescent can bask in the outdoor sun for the entire day with less penetration of ozoning light beams into his internal tissues than he can now obtain in fifteen minutes' focused application of intensified electric light.

The Electric Light Cabinet with its parabolic reflectors is the modern means of placing the tissues of the human body in a concentrated sun bath by an efficient and controllable substitute for uncertain sunshine—a substitute always at command at any hour, day or night, regardless of season, situation or conditions.

The Electric Light Bath is free from any of the objections to Turkish, Russian, Vapor, and Hot Air Baths. Its effects are extremely agreeable to patients and efficacious in many stubborn cases which do not readily yield to other remedies. Experiments conducted at Cornell University in 1889-90 clearly established three facts: *That electrically produced light can be used under such conditions as to make it fairly comparable to sunlight in its power to promote protoplasmic activity, that it acts as a tonic, and that it is a true vital stimulus.*

These electric light baths are particularly recommended in gout, rheumatism and kindred troubles, in heart disease, neurasthenia and particularly in convalescence from acute diseases and debilitating fevers.

In simple mental and physical fatigue, the result of overwork or any kind of mental strain, worry, excitement, etc., the restful and restorative action of light with indicated adjuncts accomplishes in a very short time what mere "*rest cures*" may waste weeks, months or even years in trying to accomplish. For overtaxed nature nothing is so costly to tired men and women as mere unaided "*rest*" and the too frequent professional advice to *rest* should always be accompanied by supplying the patient with the means of concentrating the net value of months of rest into a few days or weeks of proper treatment.



ELECTRO-THERAPEUTIC TREATMENTS

BEARING in mind the immense value of Electricity, from a Therapeutic standpoint, we have installed this season a complete Electro-Therapeutical Department. This installation enables us to give treatments involving the use of Galvanism, Induced Currents, including Faradism, Static Electricity, High Frequency Current, Auto Condensation, Auto Conduction, Sinusoidal Wave, Chemical energy derived from the Electric Arc, both by the White Radiant Light and the Finsen Focused Rays.

High Frequency Currents used in so-called Auto Conduction and Auto Condensation are now attracting world-wide medical attention. In their applications exceedingly high vibrations are set up in the tissues, and the therapeutic results are due to a conversion of electrical into thermal and other forms of energy. The clinical effect of Radiant Light proves itself powerful as an eliminating agent and as a corrector of Neurotic, Nutrient and Capillary disturbances. Radiant energy has two marked actions on the skin and tissues — one of stimulation and the other of sedation.

Electric lamps that possess the actinic and heat rays are powerfully stimulating and penetrating, producing dilation and penetrating the tissues, act as a stimulant in a most gratifying manner.

The vibrations of the Blue, Red, Orange and Ultra-Violet Rays possess great germicidal power, and are suited to many peculiar forms of treatment, and are here administered under the most improved conditions.

The forms of diseases in which this Electrical Therapeutic System is most efficacious are the various forms of Rheumatism, Lumbago and Sciatica, as well as the diseases of the nervous system — Insomnia, Neuritis and Neurasthenia. In connection with the Hydrotherapeutic treatments, they are especially efficacious.



HIGH FREQUENCY APPARATUS



APPLICATION OF FINSEN COLORS

IONIC MEDICATION

CATAPHORESIS and Ionisation are now universally included under the one heading of Ionic Medication. This treatment consists in taking advantage of a property peculiar to the Galvanic or Constant Current of conveying a medicament direct through the unbroken skin to that part of the body to be treated.

The Galvanic Current electrolytically dissociates drugs into ions and these ions travel always to that pole opposite to their own charge, thus, negatively charged ions travel to the positive pole and positively charged ions to the negative pole. In this manner it is possible to administer a medicament direct to the actual seat of a complaint through the unbroken skin, even into the deeper parts, and with the important advantage that the ions must enter every cell through which the current passes. The effect of a medicine so administered electrolytically is far more beneficial than when introduced by hypodermic injections or other methods, and this is explained by reason that the ions have a greater activity owing to their electric charge and to the fact that they are distributed through each cell through which the current circulates and are not so easily carried away by the blood.

So general is the treatment by Ionic Medication becoming, and so successful are the results obtained, that we have installed a complete Four-Cell Apparatus (Dr. Schnees) for administering such medicaments as may be prescribed by physicians.



IONIC MEDICATION APPARATUS

Another feature which marks the establishment of The Chamberlin is, that any one may be taken from his apartments directly to the Baths without the trouble and annoyance of having to dress for this purpose. Enclosed wheel chairs are provided, as well as a special elevator; thus one may have a chair brought to one's apartments, and entering it, be wheeled to the specially provided elevator (used for no other purpose) and conveyed directly to the bath establishment; at the completion of his bath, can be taken back to his rooms without having had the annoyance of dressing or disrobing at all. To those who have experienced the annoyance and trouble of having to arrange a toilet once or twice for the purpose of taking a bath, this is a convenience which cannot fail of appreciation.

THE CHAMBERLIN ALKALINE SALINE PURGATIVE WATER

IN experimental boring, to obtain a fresh water supply for the Hotel, this valuable Medicinal Water was found at a depth of 900 feet. The analysis shows that it is an ideal Aperient Water, acting upon the stomach, liver and bowels. The temperature of the water is about 70 degrees Fahrenheit, throughout the year.

The observations made by our Medical Director, with reference to the effect of this medicinal water, show that it possesses a value not in any degree exaggerated by the Chemist, to whom numerous specimens were submitted for examination, before placing it at the use of the guests at the Hotel Chamberlin. In no instance has the use of the water shown any deleterious or injurious effect, and in all instances where its use has been suggested for passive or chronic disorders of either Kidney, Liver, Bladder, Gastric and Intestinal Derangements, it has universally proven to be of great benefit. This, no doubt, is owing to the fact that the water has been found to be rather a Laxative than a Purgative agent.

It is interesting to note that this water, when used as a gargle, for the various forms of sore throat, such as Tonsillitis and Follicular Pharyngitis, that are oftentimes associated with Influenza and Gripoidal local conditions, has proven to be of positive and specific value. Again, in muscular and joint pains, incidental and concomitant with uric acid affections, this water, when employed locally, universally produces ease and comfort.

This water is supplied free to guests of the Hotel, but to obtain best results our patrons are urged to consult the resident physician with reference to the quantity to be used and the times for drinking.

TREATMENTS AND BATHS GIVEN AND RECOMMENDED IN THE ELECTRO-HYDROTHERAPEUTIC DEPARTMENT OF THE HOTEL CHAMBERLIN

HYDRO-THERAPEUTIC DEPARTMENT

The Chamberlin System includes Continuous or Flowing Baths, Sea or Fresh Water; Spout Baths, Sea or Fresh Water; Local application of Sea or Fresh Water at any temperature or any pressure. Especially recommended for Gout, Rheumatism, Sciatica and kindred disorders incidental to the Uric Acid Diathesis.

Nauheim Baths. Using Sea Water. Sea Water is of nearly the same chemical constituency as the Nauheim Springs, and enriched with carbonic acid by our special process, is absolutely as efficacious as the natural Nauheim Baths. Especially recommended for Heart Trouble and High Arterial Tension.

The Aix-Les-Bains System (complete).

The Vichy System (complete).

The Burch System—which includes the Needle, Scotch and Fan Douche, Spinal Wave, Sitz Bath, Perineal Douche, Hot, Cold and Alternate Douche.

Filtered Sea-Water Tub Baths (hot or cold).

Perineal Bath. Recommended for Increased Arterial Tension, Chronic conditions in Neurasthenia, Neuritis and Insomnia.

General Packs of every sort. Special Liver Packs.

Alum and Rhus Oil Pack, Salt Kelp, Salt Glycer. Especially recommended for Insomnia, Neurasthenia and General Nervousness.

General and Special Massage. Vibratory Massage.

Fomentation and Compresses of every description.

Mechano-Neural Therapy. Sitz Baths.

Perineal Douche. Turkish Baths.

ELECTRO-THERAPEUTIC DEPARTMENT

Static Electricity, by the Baker Static Machine and accessories.

The Galvanic and Faradic Currents.

High Frequency Saturation.

The High Frequency Energies.

The D'Arsonval Treatments.

Auto Condensation. Auto Conduction.

High Frequency Vacuum Electrode Treatments.

High Frequency Electrode, with the D'Arsonval Surge Coil and Tesla Coil Discharge.

The Auto Condensation Circuit, for the administration of the Morton Wave, Static Bath and the several forms of High Frequency and Resonator Currents.

Galvanic Current, obtained from the Induction Coil or Static Machine.

Cataphoresis or Ionisation.

Thermo-Penetration. Electrolysis.

Stimulated Current, by the Victor Multiplex Sinusoidal Apparatus.

Ultra Short Therapeutic Hot Light, including Finson Ray Screens.

The Finson Faradic Bath, for the complete administration of Electro-Therapy and Cataphoresis or Ionic Medication.

Electric Vibratory Treatments.

Electric Light Cabinet Baths.

Electric Light Cabinet with Finson Colors.

“THE CURE” AT OLD POINT COMFORT

TO take “THE CURE” as given in Europe has included four distinct and separate methods of procedure, and it is the *combination* which has really made “THE CURE.” These four essentials are: *the Drinking of Medicinal Waters, the Taking of Certain Baths under Medical Direction, A Regular System of Outdoor Exercise and a Careful Regulation of Diet.* Physicians have been sending their patients abroad, because heretofore there has been no place in this country possessing all these essentials. This is no longer true. In every particular Old Point Comfort and The Chamberlin offer these.

In detail. THE DRINKING OF MEDICINAL WATERS. In experimental borings for a fresh water supply at a depth of 900 feet below the surface, The Chamberlin Alkaline-Saline-Purgative Water was found. This Water has been most carefully analyzed, and has been found superior to almost any water in this country or abroad for many purposes. It is shown to be equal to any European water in its remedial effects upon such disorders as Torpid Liver, Rheumatism, Gout, certain forms of Bright’s Disease, Diabetes and others.

UPON ELECTROSCOPIC TESTS, THIS WATER HAS SHOWN DEFINITE RADIO-ACTIVE PROPERTIES, which necessarily perform a part in its Therapeutic action. For cases in which our Medical Director deems it advisable to administer this Water with a higher degree of Radio-Activity as in severe Gout, Sciatica and Rheumatism arrangements have been made for powerfully activating this Water. *Taken under the advice and direction of our Physician, at regular periods of the day, in specific quantities, and at regular temperature,* the effect of this Water is beneficial in every partic-

ular; in fact some cures have been made in cases which have been pronounced practically uncurable, after drinking other waters.

The custom which obtains abroad, of drinking the waters in the early morning hours, is a feature at The Chamberlin. In our Palm Garden, overlooking magnificent Hampton Roads, is situated the Drinking Fountain. The Orchestra plays here regularly from 8:30 to 10:00 A. M. During this time it is usually the custom to "Drink the Waters." A brisk walk of short duration, then to breakfast, and the day is well begun. A little leaflet giving analysis of this water and a general history of its effects will be furnished on request.

The next feature. **CERTAIN BATHS UNDER MEDICAL DIRECTION.** Nowhere are baths given more scientifically than at The Chamberlin. Our Bath Department has been doubled in the last year and many new treatments have been added. A complete installation for Electro-Therapy has also been provided. The Chamberlin System, using Sea-Water, is especially effective in cases of Gout, Rheumatism and kindred disorders. This application of Sea-Water is also a specific for Insomnia.

The Nauheim Baths, as administered here, are absolutely as effective as those given abroad. The use of Sea-Water in these is an unique feature. We are prepared to give Aix or Vichy Treatments equally as effectively as at either of those places. Electric Light Baths administered. In fact, every form of Hydrotherapy is available here. As many complaints yield more rapidly to Electricity than any other form of treatment, equally complete is our establishment for Electro-Therapy. High Frequency Currents, the local application of Finsen Rays, Ionic Medication and other forms of Electricity are employed to the greatest advantage. All these are fully described in this booklet.

The third feature. A REGULAR SYSTEM OF OUTDOOR EXERCISE is nowhere more easily entered into than at Old Point Comfort. Tempered by Sea and Sun, all seasons are delightful. A carefully regulated system of walks is one of the features going to make up "THE CURE." These are possible in variety throughout the year. The distance and time of these are regulated by our Medical Director.

Should occasional inclement days intervene, the pavilion over the water, our sheltered Palm Garden, or the piazzas of the Hotel form a delightful promenade. For invalids, to whom the walk is a task, a steamer chair on the piazza overlooking Hampton Roads has all the tonic of the sea voyage, with none of its discomforts. Golf, Tennis, Bowling, Billiards, are frequently prescribed as part of the System. We publish a little booklet called "Climate and Health," which gives particulars regarding this most important feature of "THE CURE." Government statistics are given, showing the average temperature, the absence of moisture, the preponderance of sunlight and the tonic quality of the sea air.

The fourth essential. THE CAREFUL REGULATION OF ONE'S DIET can nowhere be obtained more accurately and systematically than at Old Point Comfort. On a Government Reservation, all our food supplies and drinking water are subject to the careful supervision of the Medical Department of the Army. Fish, Oysters and Sea Food are absolutely uncontaminated. Our Medical Director is an authority on diet, and every one taking "THE CURE" is expected to follow a well regulated system.

Thus the four essentials which go to make up a complete "CURE," are obtained under the best possible conditions at Old Point. Our Medical Director is a man of wide experience in the treatments which are involved. He will be very glad, indeed, to consult with you, or with your family physician, and if you are contemplating taking "THE CURE," disabuse your mind of the thought that it is necessary to go abroad for this; you can have every treatment and condition at Hotel Chamberlin.

